

# Beer Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



140 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 24 fluid ounce beer canned
- 2 tablespoons lemon pepper
- 2 pound beef rib steak
- 2 tablespoons sea salt

## Equipment

- grill

# Directions

- Place the steaks in a large, shallow container with a lid. Season each side of the steaks with the salt and lemon pepper. Gently pour the beer over the steaks (making sure the seasoning doesn't wash off). Cover, and refrigerate for 1 to 2 hours.
- Preheat grill for high heat.
- Lightly oil grill grate.
- Place steaks on grill, and discard beer marinade. Cook for 5 minutes per side, or to desired doneness.

# Nutrition Facts

**PROTEIN 36.72%** **FAT 56.83%** **CARBS 6.45%**

## Properties

Glycemic Index:18.13, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:23.084782873159%

## Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Galliccatechin: 0.14mg, Galliccatechin: 0.14mg, Galliccatechin: 0.14mg, Galliccatechin: 0.14mg

## Nutrients (% of daily need)

Calories: 555.56kcal (27.78%), Fat: 32.17g (49.49%), Saturated Fat: 14.31g (89.42%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.46g (2.71%), Sugar: 0.02g (0.02%), Cholesterol: 138.35mg (46.12%), Sodium: 3613.85mg (157.12%), Alcohol: 6.92g (100%), Alcohol %: 2.11% (100%), Protein: 46.76g (93.52%), Selenium: 56.56µg (80.8%), Zinc: 11.7mg (77.98%), Vitamin B12: 3.8µg (63.34%), Vitamin B3: 12.05mg (60.24%), Vitamin B6: 1mg (49.76%), Phosphorus: 356.17mg (35.62%), Vitamin B2: 0.59mg (34.81%), Iron: 4.26mg (23.65%), Manganese: 0.41mg (20.29%), Potassium: 696.31mg (19.89%), Magnesium: 63.49mg (15.87%), Vitamin B1: 0.21mg (14.11%), Copper: 0.23mg (11.42%), Vitamin K: 8.31µg (7.92%), Folate: 17.96µg (4.49%), Calcium: 38.42mg (3.84%), Fiber: 0.76g (3.04%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.11mg (1.15%), Vitamin A: 50.43IU (1.01%)